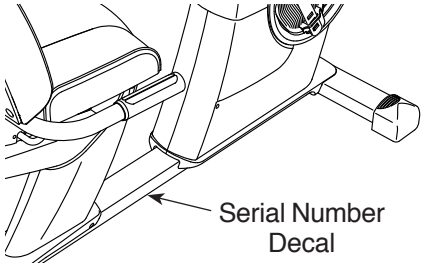
# NordicTrack®

# GXR 4.2

**Model No. NTEVEX74913.0**
**Serial No. _____**

Write the serial number in the space above for reference.

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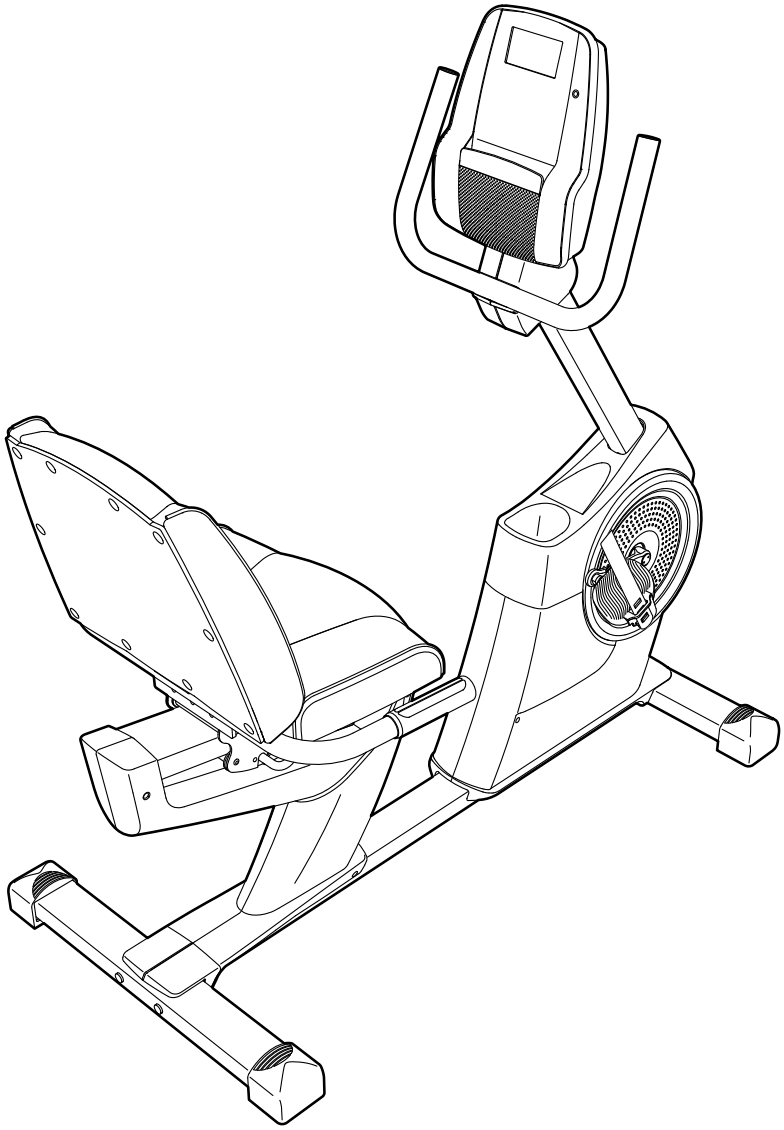
AUSTRALIA

## ⚠ CAUTION

**Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.**

# USER'S MANUAL



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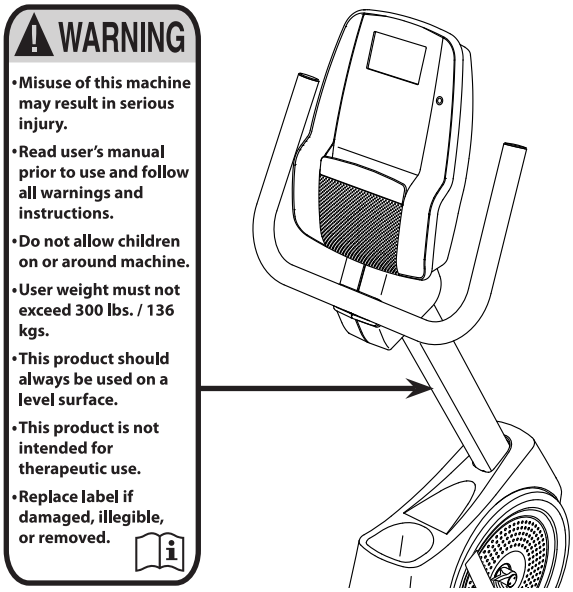
# WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
•Misuse of this machine may result in serious injury.
•Read user's manual prior to use and follow all warnings and instructions.
•Do not allow children on or around machine.
•User weight must not exceed 300 lbs. / 136 kgs.
•This product should always be used on a level surface.
•This product is not intended for therapeutic use.
•Replace label if damaged, illegible, or removed.

NORDICTRACK is a registered trademark of ICON IP, Inc.

# IMPORTANT PRECAUTIONS

**⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.**

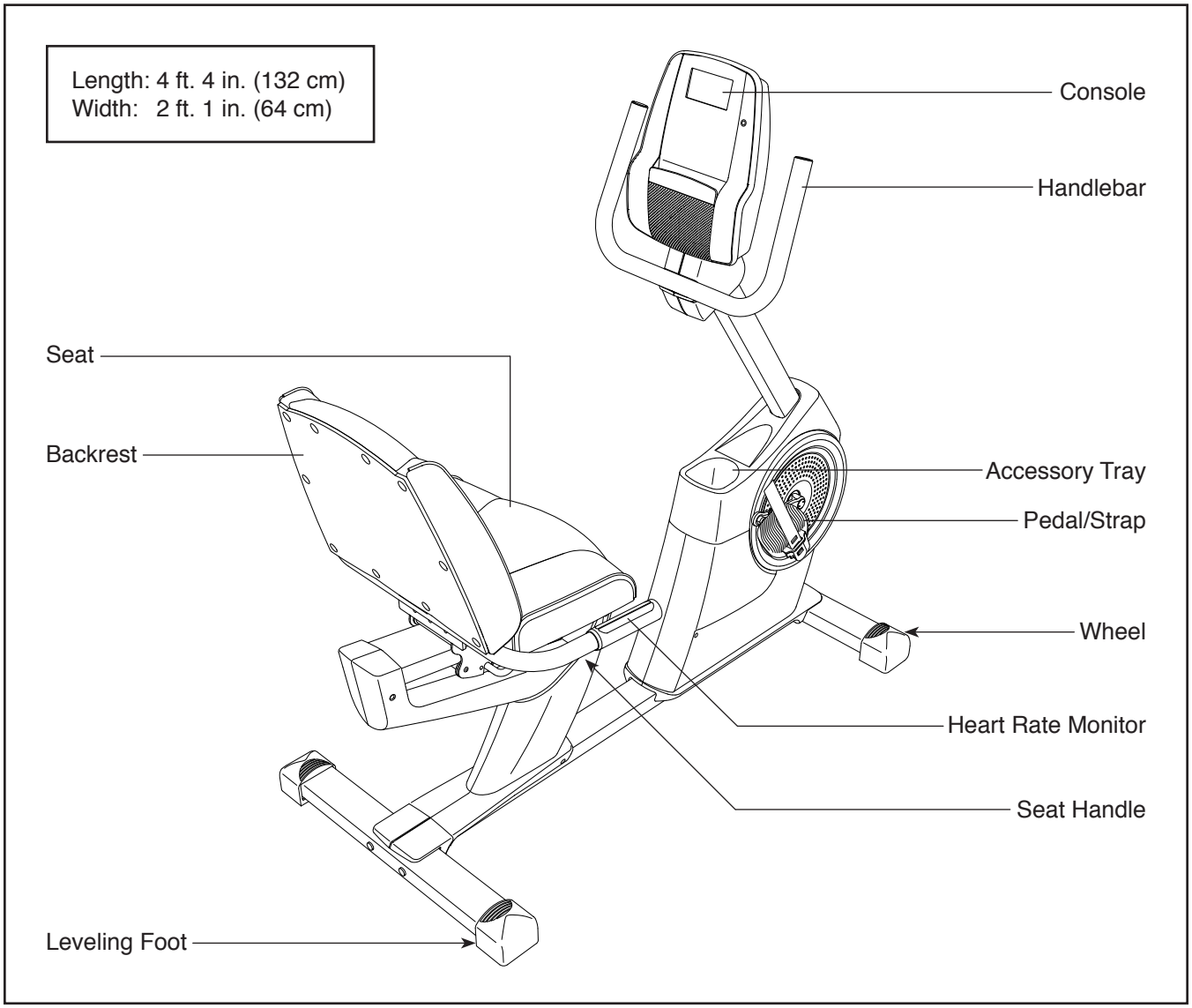
1. **It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.**
2. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
3. **Use the exercise bike only as described in this manual.**
4. **The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.**
5. **Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.**
6. **Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.**
7. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
8. **Keep children under age 12 and pets away from the exercise bike at all times.**
9. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.**
10. **The exercise bike should not be used by persons weighing more than 300 lbs. (136 kg).**
11. **Be careful when mounting and dismounting the exercise bike.**
12. **The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.**
13. **Always keep your back straight while using the exercise bike; do not arch your back.**
14. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

# BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® GXR 4.2 exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The GXR 4.2 exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

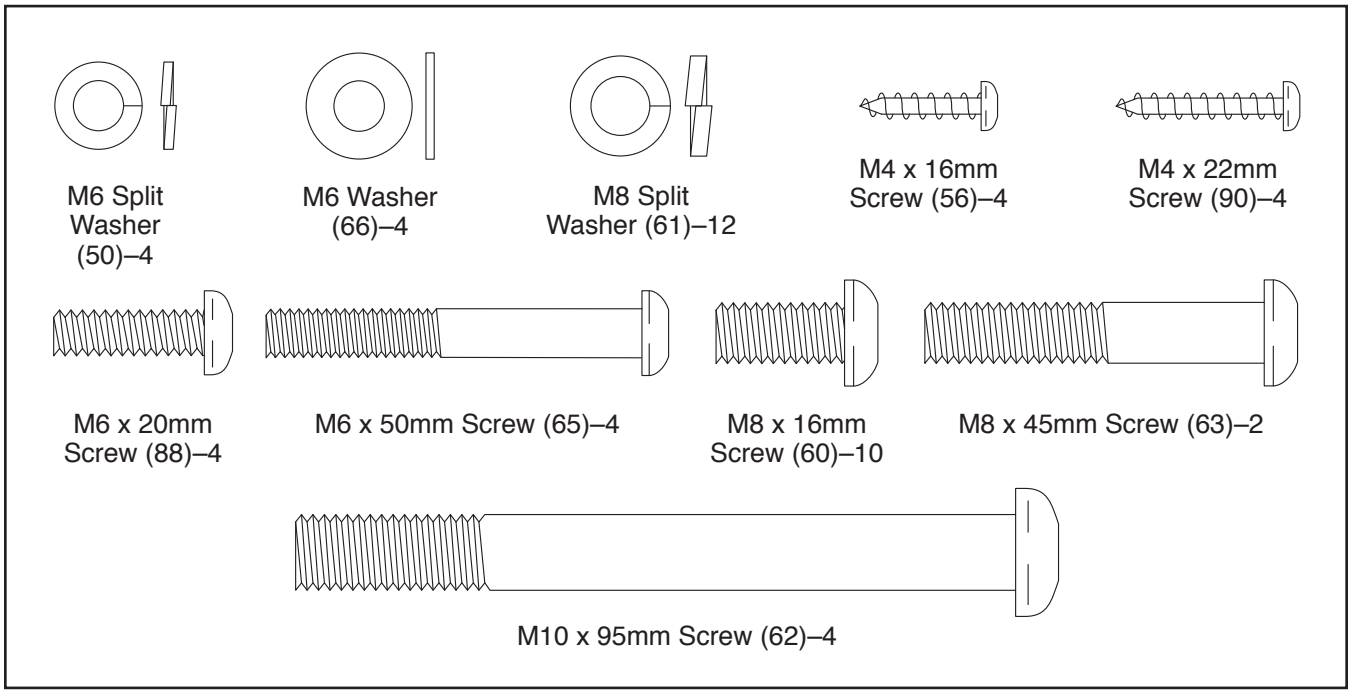
**For your benefit, read this manual carefully before you use the exercise bike.** If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



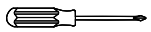
# PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**


M6 Split Washer (50)–4
M6 Washer (66)–4
M8 Split Washer (61)–12
M4 x 16mm Screw (56)–4
M4 x 22mm Screw (90)–4
M6 x 20mm Screw (88)–4
M6 x 50mm Screw (65)–4
M8 x 16mm Screw (60)–10
M8 x 45mm Screw (63)–2
M10 x 95mm Screw (62)–4

# ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.
- In addition to the included tool(s), assembly requires the following tools:

  one Phillips screwdriver 

  one adjustable wrench

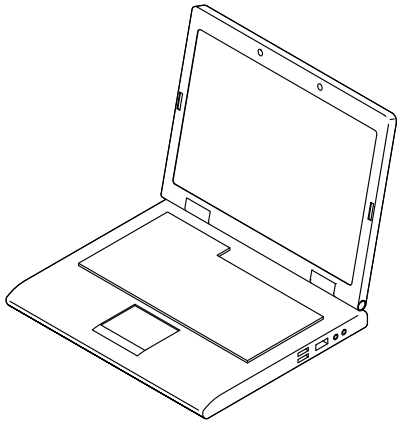
  Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to www.iconsupport.eu on your computer and register your product.**

   - activates your warranty
   - saves you time if you ever need to contact Customer Service
   - allows us to notify you of upgrades and offers

   Note: If you do not have Internet access, call Customer Service (see the front cover of this manual) and register your product.

1



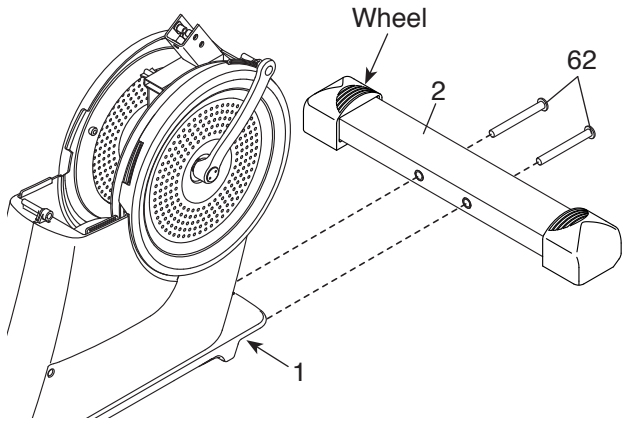
2. Set a sturdy piece of packing material under the front of the Frame (1). **Have a second person hold the Frame to prevent it from tipping while you complete this step.**

   Identify the Front Stabilizer (2). Note: The Front Stabilizer has wheels; the Rear Stabilizer (not shown) does not have wheels.

   Attach the Front Stabilizer (2) to the Frame (1) with two M10 x 95mm Screws (62).

   Remove the packing material.

2

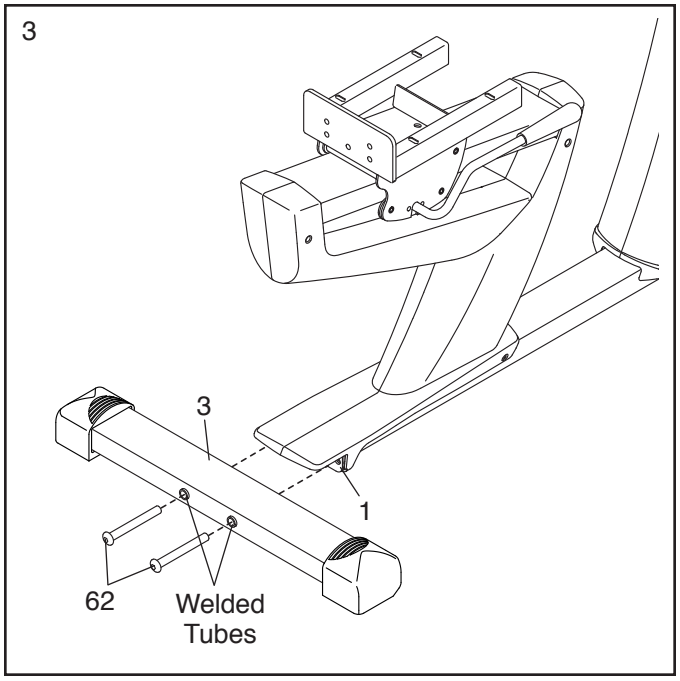


3. Set a sturdy piece of packing material under the rear of the Frame (1). **Have a second person hold the Frame to prevent it from tipping while you complete this step.**

   Orient the Rear Stabilizer (3) so that the welded tubes are facing away from the Frame (1).

   Attach the Rear Stabilizer (3) to the Frame (1) with two M10 x 95mm Screws (62).

   Remove the packing material.

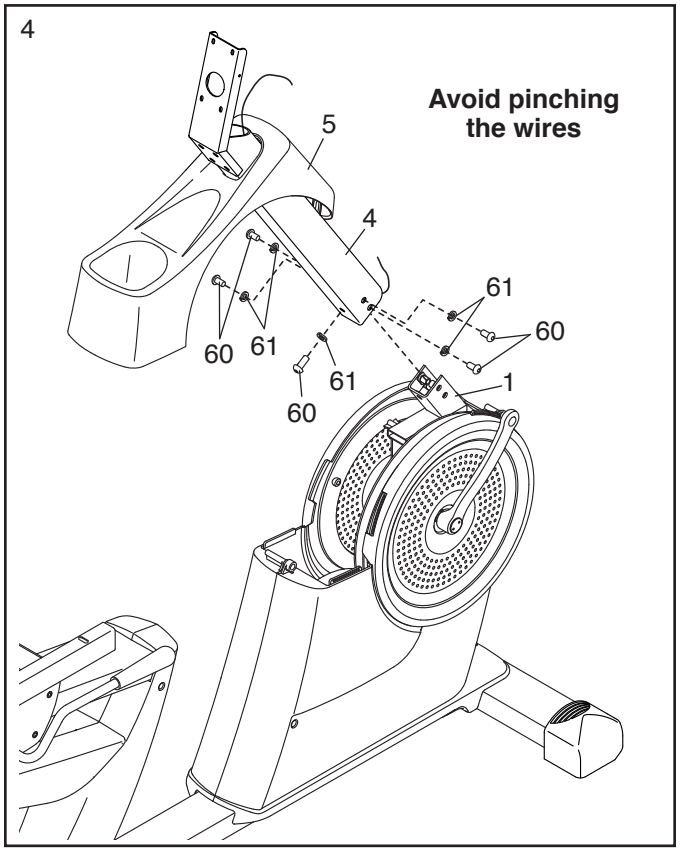



4. Slide the Shield Cover (5) upward onto the Upright (4).

   Have a second person hold the Shield Cover (5) around the Upright (4) until you complete step 5.

   **Tip: Avoid pinching the wires inside the Frame (1).** Slide the Upright (4) onto the Frame.

   Attach the Upright (4) with five M8 x 16mm Screws (60) and five M8 Split Washers (61).

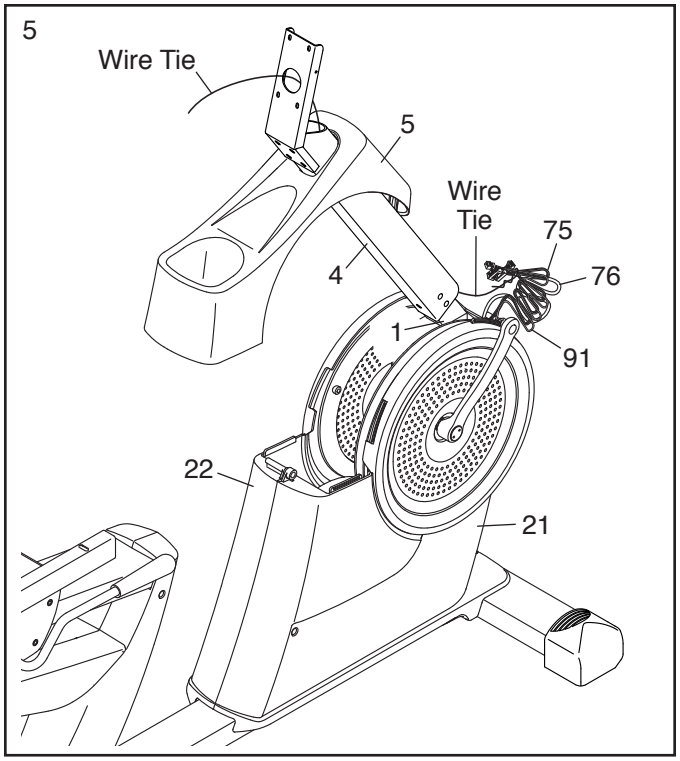


5. Locate the wire tie inside the Upright (4). Then, locate the Main Wire (76), the Seat Pulse Wire (75), and the Frame Pulse Wire (91) inside the Frame (1).

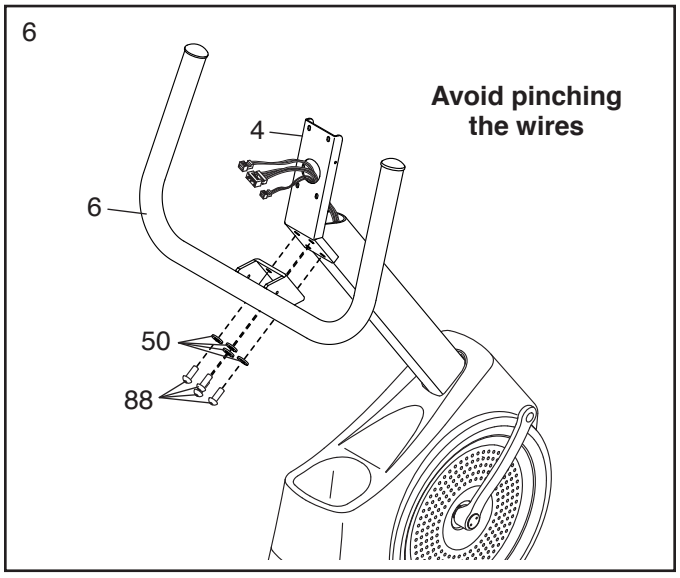
   Tie the lower end of the wire tie to the ends of the Wires (75, 76, 91).

   Then, pull the other end of the wire tie upward until the Wires (75, 76, 91) are routed through the Upright (4).

   Then, slide the Shield Cover (5) downward and press it onto the Right and Left Front Shields (21, 22).



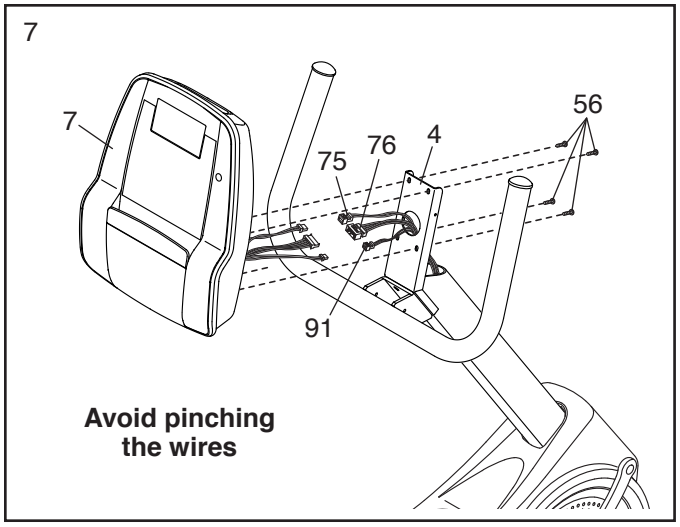

6. **Tip: Avoid pinching the wires.** Attach the Handlebar (6) to the Upright (4) with four M6 x 20mm Screws (88) and four M6 Split Washers (50).



7. While a second person holds the Console (7) near the Upright (4), connect the wires on the Console to the Main Wire (76), the Seat Pulse Wire (75), and the Frame Pulse Wire (91).

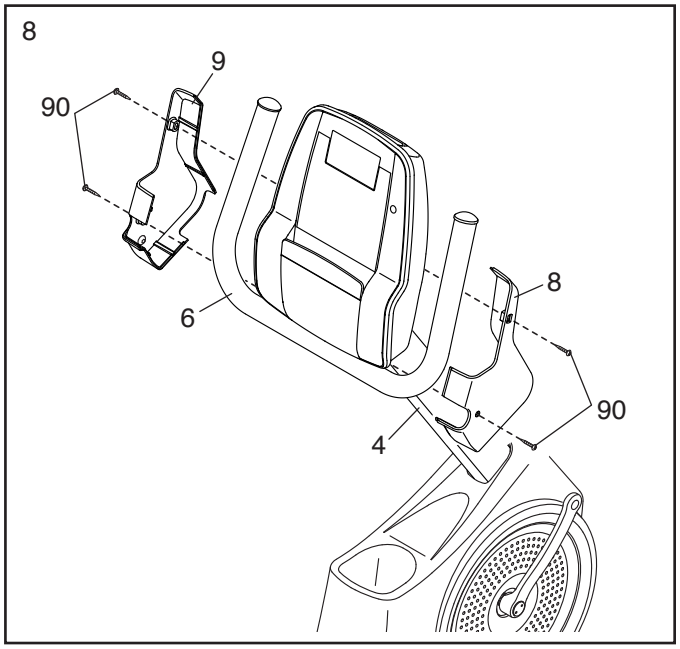
   Insert the excess wire into the Upright (4).

   **Tip: Avoid pinching the wires.** Attach the Console (7) to the Upright (4) with four M4 x 16mm Screws (56).

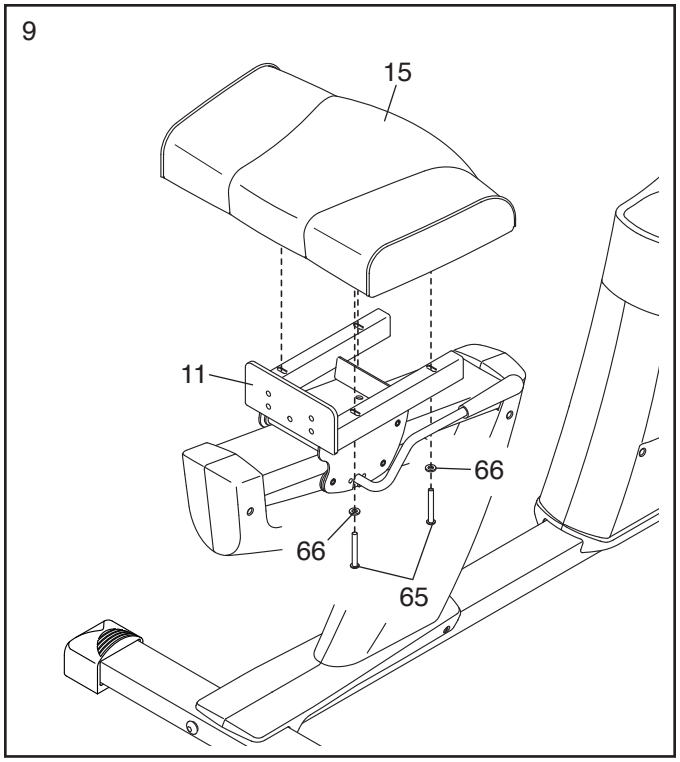



8. Identify the Right and Left Handlebar Covers (8, 9).

   Attach the Right and Left Handlebar Covers (8, 9) around the Handlebar (6) and the Upright (4) with four M4 x 22mm Screws (90).

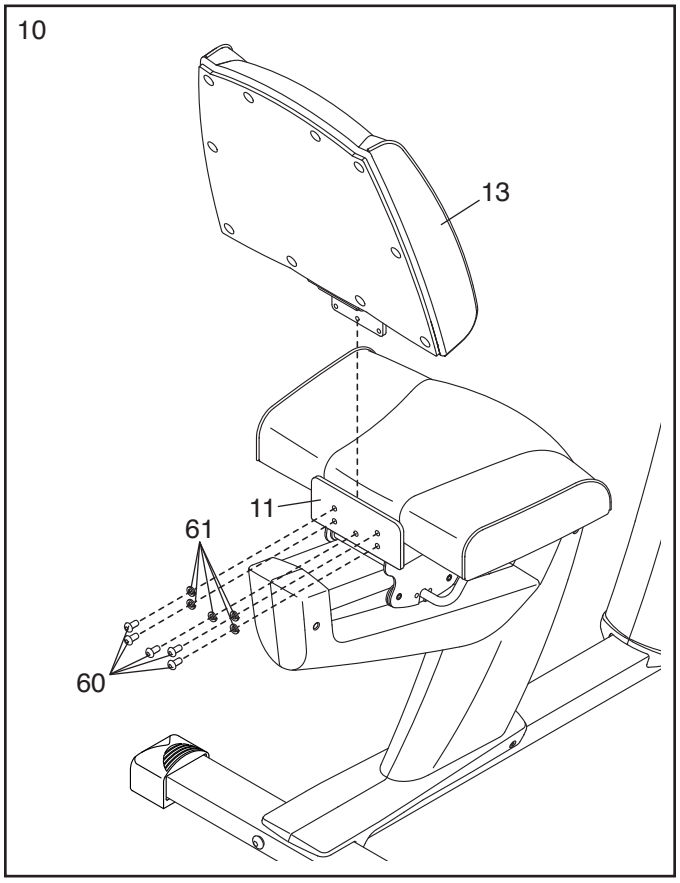


9. Attach the Seat (15) to the Seat Carriage (11) with four M6 x 50mm Screws (65) and four M6 Washers (66) (only two of each are shown). **Note: The Screws and Washers may be preattached to the underside of the Seat.**




10. Attach the Backrest (13) to the Seat Carriage (11) with five M8 x 16mm Screws (60) and five M8 Split Washers (61).

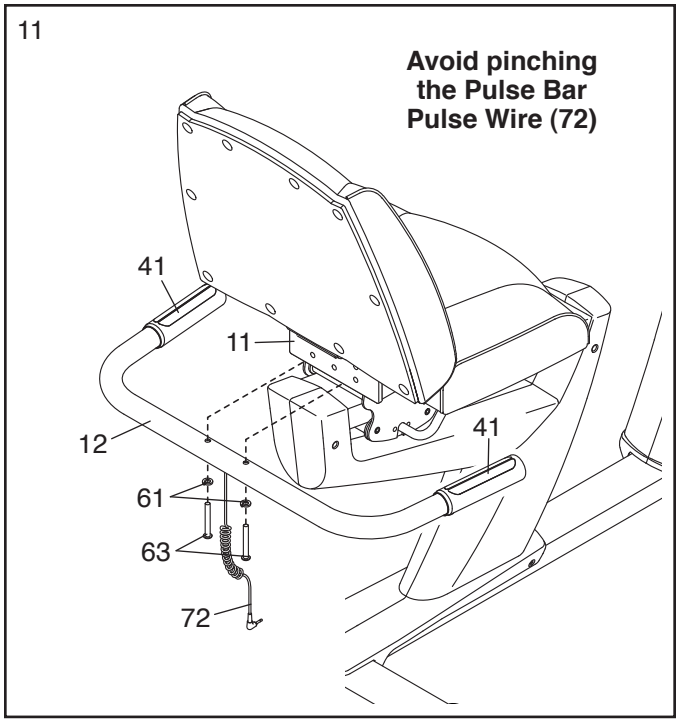
**Tip: It may be helpful to adjust the seat during this step. See HOW TO ADJUST THE SEAT on page 13.**



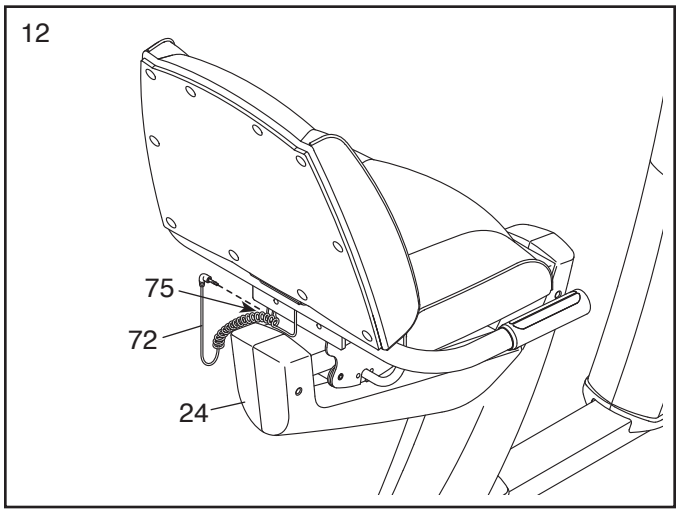
11. Identify and orient the Pulse Bar (12) so that the Pulse Grips (41) face upward.

    **Tip: Avoid pinching the Pulse Bar Pulse Wire (72).** While a second person holds the Pulse Bar (12), attach the Pulse Bar to the Seat Carriage (11) with two M8 x 45mm Screws (63) and two M8 Split Washers (61).

    **Tip: It may be helpful to adjust the seat during this step. See HOW TO ADJUST THE SEAT on page 13.**




12. Plug the Pulse Bar Pulse Wire (72) into the Receptacle (75) located in the Left Seat Shield (24).



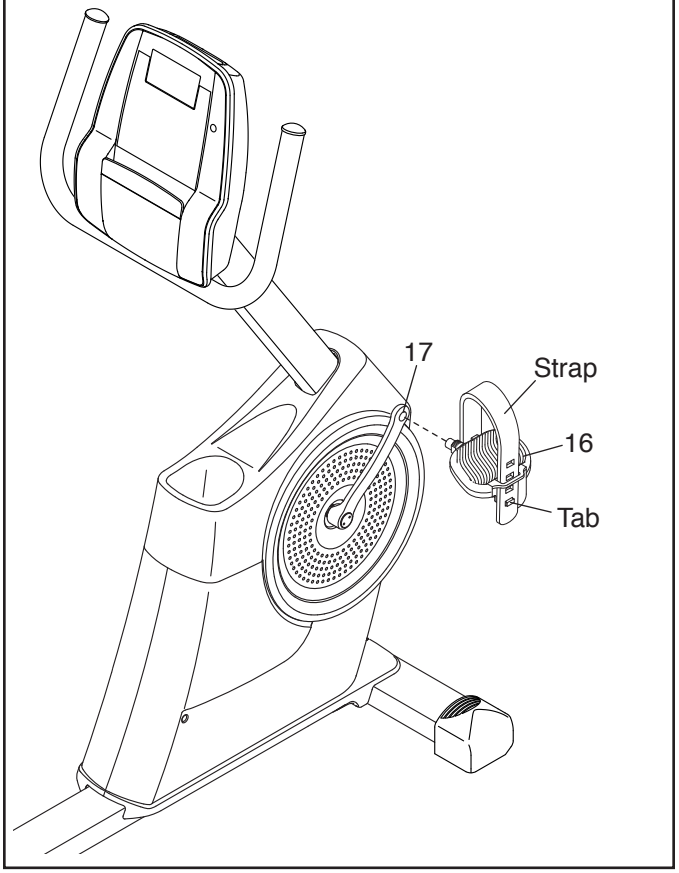
13. Identify the Right Pedal (16).

    Using an adjustable wrench, **firmly tighten** the Right Pedal (16) **clockwise** into the Right Crank Arm (17).

    **Firmly tighten** the Left Pedal (not shown) **counterclockwise** into the Left Crank Arm (not shown).

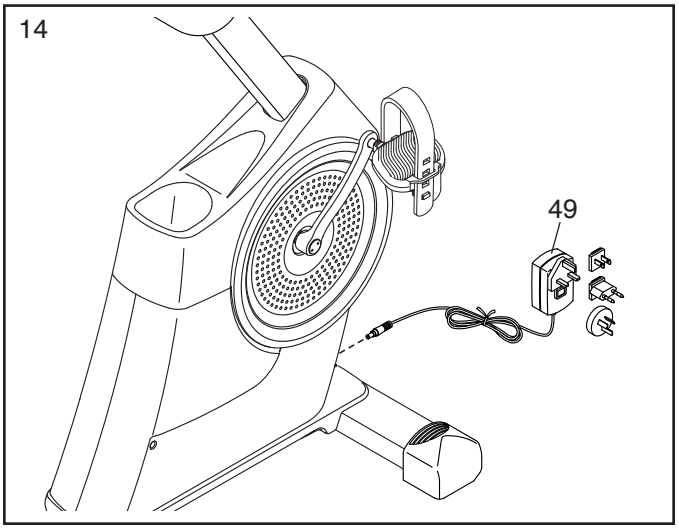
    Adjust the right strap to the desired position, and press the ends of the strap onto the tabs on the Right Pedal (16). **Adjust the strap on the Left Pedal (not shown) in the same way.**

13




14. Plug the Power Adapter (49) into the receptacle on the frame of the exercise bike. To plug the Power Adapter into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 13.

14

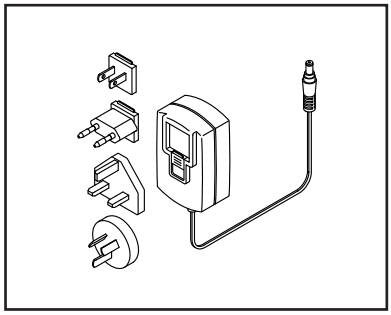



15. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Note: Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

# HOW TO USE THE EXERCISE BIKE

### HOW TO PLUG IN THE POWER ADAPTER

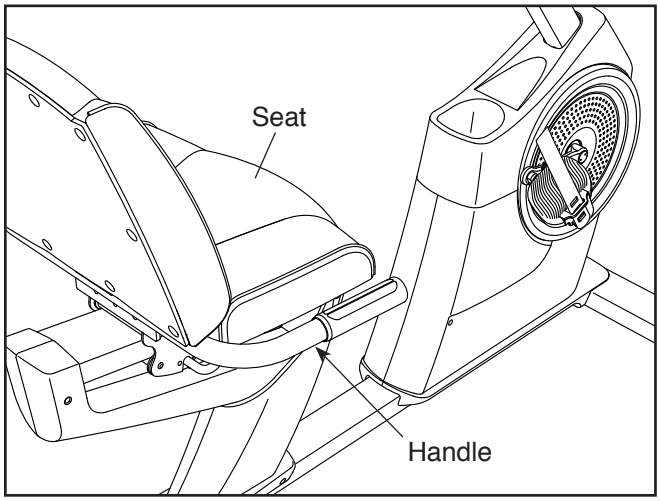
**IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, you may damage the console displays or other electronic components.**



Plug the power adapter into the receptacle on the frame of the exercise bike. Insert the appropriate plug adapter into the power adapter if necessary. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

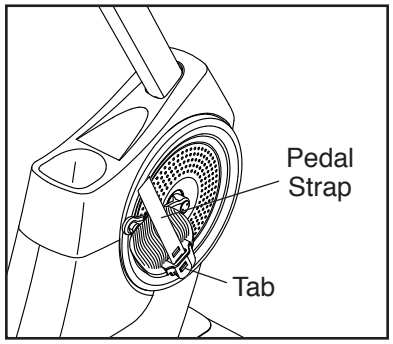
### HOW TO ADJUST THE SEAT

The seat can be adjusted forward or backward to the position that is the most comfortable. To adjust the seat, push downward on the seat handle, slide the seat to the desired position, and then pull upward on the seat handle to lock the seat in place.



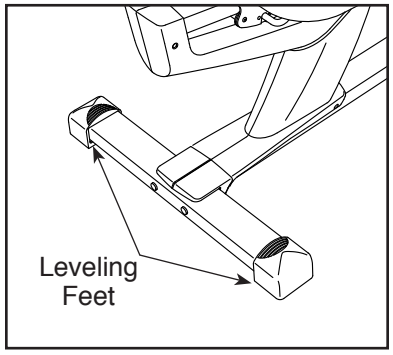

### HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps onto the tabs.

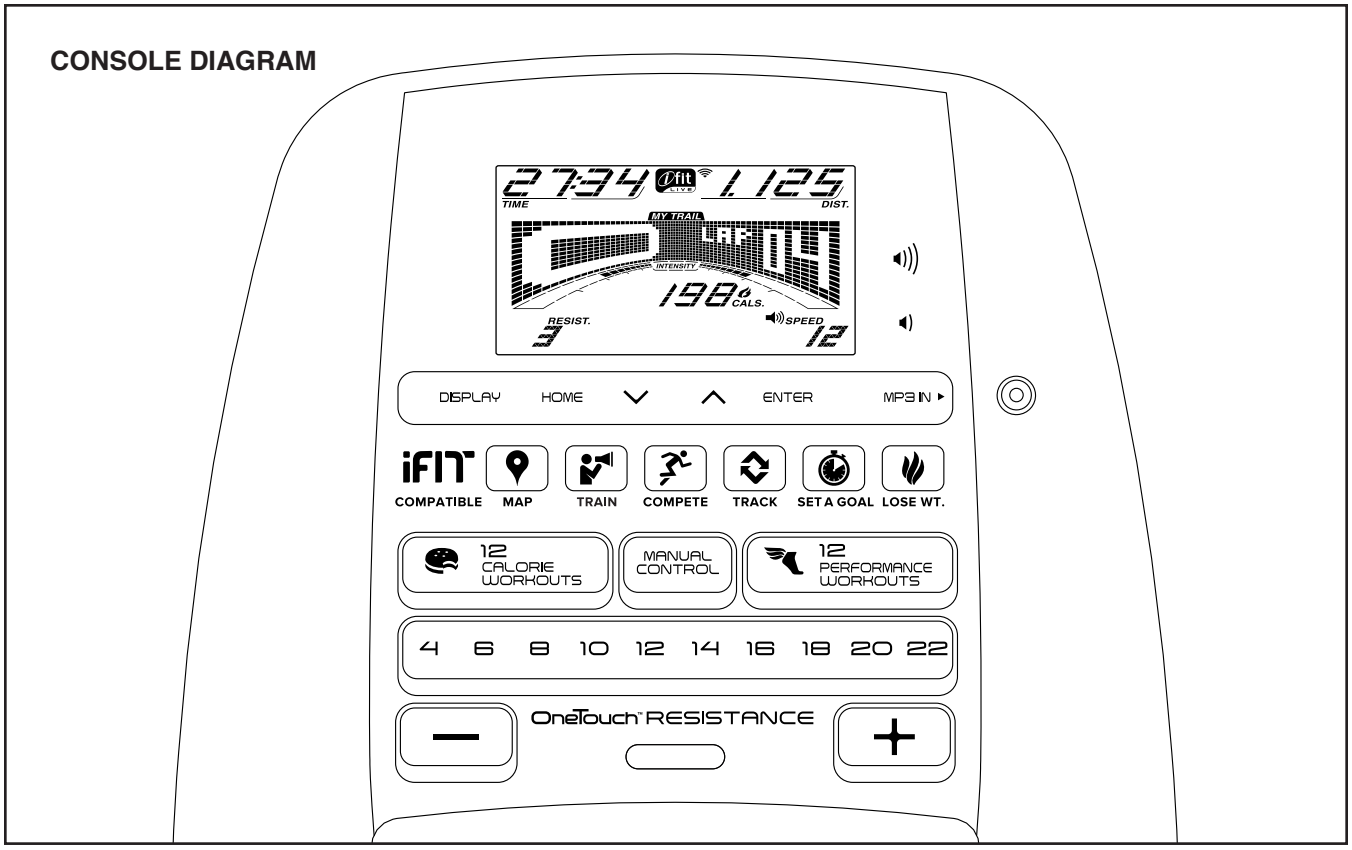



### HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet on the rear stabilizer until the rocking motion is eliminated.



**CONSOLE DIAGRAM**




**FEATURES OF THE CONSOLE**

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or an optional chest heart rate monitor.

The console offers twenty-four onboard workouts—twelve calorie workouts and twelve performance workouts. Each workout automatically changes the resistance of the pedals as it guides you through an effective workout. You can also set a calorie, distance, or time goal.

The console also features an iFit mode that enables the console to communicate with your wireless network through an optional iFit module. With the iFit mode, you can download personalized workouts, create your own workouts, track your workout results, race against other iFit users, and access many other features. **To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

**To use the manual mode,** see page 15. **To use the sound system,** see page 16. **To use an onboard workout,** see page 17. **To use a set-a-goal workout,** see page 18. **To use an iFit workout,** see page 19. **To change console settings,** see page 20.

Note: If there is a sheet of plastic on the display, remove the plastic.

## HOW TO USE THE MANUAL MODE

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Select the manual mode.**

   Press the Manual Control button on the console to select the manual mode.

   If a wireless iFit module is not inserted into the console and connected to iFit, the manual mode will be selected automatically.

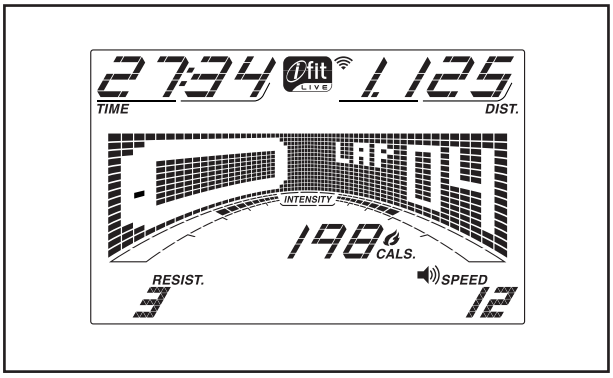
3. **Change the resistance of the pedals as desired.**

   As you pedal, change the resistance of the pedals by pressing the One Touch Resistance increase and decrease buttons.

   Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the display.**

   The display can show the following workout information:




**Calories (Cals.)**—This display mode will show the approximate number of calories you have burned.

**Calories per Hour (Cals./Hr)**—This display mode will show the approximate number of calories you are burning per hour.

**Distance (Dist.)**—This display mode will show the distance that you have pedaled in miles or kilometers.

**Pulse**—This display mode will show your heart rate when you use the handgrip heart rate monitor or an optional chest heart rate monitor (see step 5).

**Resistance (Resist.)**—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

**Speed**—This display mode will show your pedaling speed in miles per hour or kilometers per hour.

**Time**—When the manual mode is selected, this display mode will show the elapsed time. When a workout is selected, this display mode will show the time remaining in the workout.

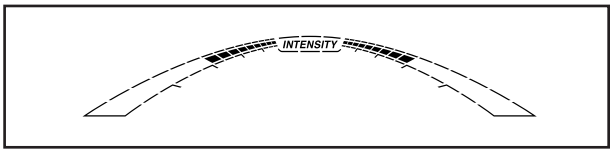
The matrix offers several display tabs. Press the Display button until the desired tab is shown. You can also press the increase and decrease buttons next to the Enter button.

**Speed**—This tab will show a profile of the speed settings of the workout. A new segment will appear at the end of each minute.

**My Trail**—This tab will show a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

**Calorie**—This tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.



Press the Home button to return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 20 to set the default menu). If necessary, press the Home button again.

When a wireless iFit module is connected, the wireless symbol at the top of the display will show the strength of your wireless signal. Four arcs indicate full signal strength.

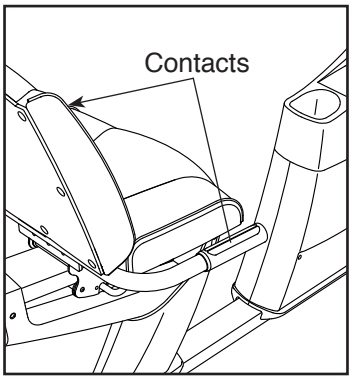
To exit the manual mode or a workout, press the Home button. If necessary, press the Home button again.

Change the volume level of the console by pressing the volume increase and decrease buttons.

5. **Measure your heart rate if desired.**

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor **(see page 21 for information about the optional chest heart rate monitor).**

**Note: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.**




**If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic.** To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

When your pulse is detected, a heart symbol in the calorie display will flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **When you are finished exercising, the console will turn off automatically.**

If the pedals do not move for several seconds, a tone will sound, the console will pause, and the time will flash in the display. To resume your workout, simply resume pedaling.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

## HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug your audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that your audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your MP3 player or CD player.

## HOW TO USE AN ONBOARD WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Select an onboard workout.**

   To select an onboard workout, press the 12 Calorie Workouts button or the 12 Performance Workouts button repeatedly until the desired workout appears in the display.

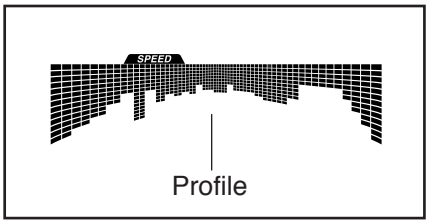
   When you select an onboard workout, the display will show the duration of the workout and the name of the workout. A profile of the speed settings of the workout will appear in the matrix.

   The maximum resistance level and the maximum speed for the workout will also appear in the display.

3. **Begin pedaling to start the workout.**

   Each workout is divided into one-minute segments. One resistance level and one target speed is programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

   During the workout, the profile on the speed tab will show your progress.




   The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target speed for the current segment.

   At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level and/or target speed is programmed for the next segment, the resistance level and/or target speed will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

   As you exercise, you will be prompted to keep your pedaling speed near the target speed for the current segment. **When an upward-pointing arrow appears in the display,** increase your pace. **When a downward-pointing arrow appears,** decrease your pace. **When no arrow appears,** maintain your current pace.

   **IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.**

   If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the One Touch Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

   The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   See step 4 on page 15.

5. **Measure your heart rate if desired.**

   See step 5 on page 16.

6. **When you are finished exercising, the console will turn off automatically.**

   See step 6 on page 16.

## HOW TO USE A SET-A-GOAL WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Set a calorie, distance, or time goal.**

   To set a calorie, distance, or time goal, first press the Set A Goal button.

   Next, press the increase and decrease buttons next to the Enter button until the name of the desired goal appears in the display. Then, press the Enter button.

   Then, press the increase and decrease buttons next to the Enter button to set the desired goal.

3. **Begin pedaling to start the workout.**

   Each workout is divided into one-minute segments. The target speed for the current segment will appear in the display at the beginning of each segment.

   As you exercise, keep your pedaling speed near the target speed. **IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.**

   You can manually change the resistance of the pedals as desired during the workout by pressing the One Touch Resistance buttons.

   Note: If you manually change the resistance during a calorie goal workout, the length of the workout will adjust automatically to ensure that you meet your calorie goal.

   **Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the resistance during the workout, the number of calories you burn will be affected.**

   The workout will continue in this way until the calorie, distance, or time goal is reached. To pause the workout, stop pedaling. The time will pause in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   As you exercise, the calories, time, or distance display will count down until the desired goal is reached.

   See step 4 on page 15.

5. **Measure your heart rate if desired.**

   See step 5 on page 16.

6. **When you are finished exercising, the console will turn off automatically.**

   See step 6 on page 16.

## HOW TO USE AN IFIT WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Insert the iFit module into the console.**

   To use an iFit workout, insert the iFit module into the console. **To purchase an iFit module at any time, go to www.iFit.com or see the front cover of this manual.** You must have an iFit module to use an iFit workout.

   Note: To use an iFit module, you must have access to a computer with an internet connection and a USB port. You will also need an iFit membership. To use a wireless iFit module, you must also have your own wireless network including an 802.11b router with SSID broadcast enabled (hidden networks are not supported).

   After you insert the iFit module into the console, press the Home button. The iFit main screen will appear in the display.

3. **Select a user.**

   If more than one user is registered on your iFit account, you can switch users in the iFit main screen. Press the increase and decrease buttons next to the Enter button to select a user.

4. **Select an iFit workout.**

   To select an iFit workout, press one of the iFit buttons. Before some workouts will download, you must add them to your schedule on www.iFit.com.

   Press the Map button, the Train button, or the Lose Wt. button to download the next workout of that type in your schedule.

   Press the Compete button to compete in a race that you have previously scheduled.

   Press the Track button to re-run a recent iFit workout from your schedule. Next, press the increase and decrease buttons to select the desired workout. Then, press the Enter button to start the workout.

   **For more information on the iFit workouts, please see www.iFit.com.**

   When you select an iFit workout, the display will show the duration of the workout and the approximate number of calories you will burn. The display may also show the name of the workout. If you select a competition workout, the display may count down to the beginning of the race.

   Note: The iFit buttons may also run demo workouts. To use the demo workouts, remove the iFit module from the console and press one of the iFit buttons.

5. **Start the workout.**

   See step 3 on page 17.

   During some workouts, the voice of a personal trainer will guide you through your workout. You can select an audio setting for your personal trainer (see HOW TO CHANGE CONSOLE SETTINGS on page 20).

   To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

6. **Follow your progress with the display.**

   See step 4 on page 15.

   The My Trail tab will show a map of the trail you are walking or running or it will show a track and the number of laps you complete.

   During a competition workout, the Compete tab will show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show other competitors. The end of the matrix represents the end of the race.

7. **Measure your heart rate if desired.**

   See step 5 on page 16.

8. **When you are finished exercising, the console will turn off automatically.**

   See step 6 on page 16.

**For more information on the iFit mode, go to www.iFit.com.**

**IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the iFit module must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.**

## HOW TO CHANGE CONSOLE SETTINGS

The console features a user mode that allows you to view usage information, select a unit of measurement, and adjust the contrast level of the display.

When an iFit module is connected to the console, you can also use the information mode to choose an audio setting for the voice of the personal trainer, set a default menu, check the status of the iFit module, and check for downloads.

1. **Select the information mode.**

   To select the information mode, press and hold down the Display button for a few seconds until the information mode appears in the display.

2. **View usage information.**

   The display will show the total number of hours that the exercise bike has been used. The display will also show the total distance (in miles or kilometers) that has been pedaled on the exercise bike.

3. **Select a unit of measurement if desired.**

   The word ENGLISH for English miles or the word METRIC for metric kilometers will appear in the display to indicate the currently selected unit of measurement.

   To change the unit of measurement, press the Enter button repeatedly to select the desired unit of measurement.

4. **Adjust the contrast level of the display if desired.**

   Press the decrease button to view the contrast level. The currently selected contrast level will appear in the display. Press the One Touch Resistance increase and decrease buttons to adjust the contrast level.

5. **Determine if an iFit module is connected to the console.**

   If an iFit module is connected to the console, the display will show the words WIFI MODULE or USB MODULE.

If no module is connected, the display will show the words NO IFIT MODULE. If no module is connected, go to step 10.

6. **Select an audio setting for the voice of the personal trainer if desired.**

   Press the decrease button to view the audio setting for the voice of the personal trainer. The currently selected audio setting for the voice of the personal trainer will appear in the display.

   To change the audio setting, press the Enter button repeatedly to turn the voice of the personal trainer ON or OFF.

7. **Set the default menu if desired.**

   Press the decrease button to view the default menu setting. The default menu is the menu that will appear when you turn on the console. Press the Enter button repeatedly to select the manual mode main menu or the iFit menu as the default menu.

8 **Check the status of the iFit module if desired.**

   Press the decrease button to view the iFit status display. The words CHECK WIFI STATUS or CHECK USB STATUS will appear in the display.

   Then, press the Enter button. After a few seconds, the status of the iFit module will appear in the display. To exit this display, press and hold down the Display button for a few seconds.

9. **Check for downloads if desired.**

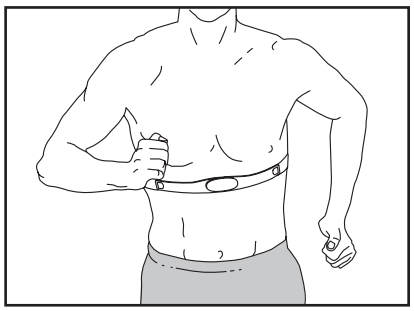
   Press the decrease button to view the downloads display. The words SEND/RECEIVE DATA will appear in the display.

   Then, press the Enter button. The console will then check for iFit workouts and firmware downloads.

10. **Exit the information mode.**

    Press the Display button to exit the information mode.

## THE OPTIONAL CHEST HEART RATE MONITOR



Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the front cover of this manual.**

# MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise bike regularly. Replace any worn parts immediately.

To clean the exercise bike, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

**CONSOLE TROUBLESHOOTING**

If lines appear in the console display, see step 4 on page 20 and adjust the contrast level of the display.

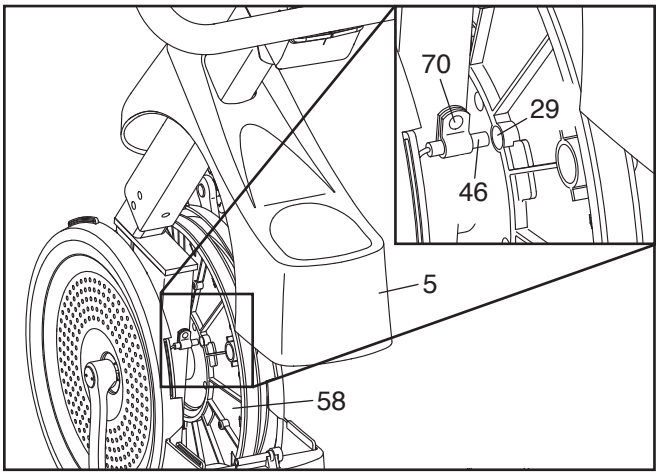
If the handgrip heart rate monitor does not function properly, see step 5 on page 16.

**If a replacement power adapter is needed, call the telephone number on the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.**

**HOW TO ADJUST THE REED SWITCH**

If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, first unplug the power adapter. Using a flat screwdriver, release the tabs on the Shield Cover (5) and pull the Shield Cover upward.




Locate the Reed Switch (46). Turn the Pulley (58) until a Magnet (29) is aligned with the Reed Switch. Next, loosen, but do not remove, the indicated M4 x 13mm Flange Screw (70). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Plug in the power adapter and turn the Pulley for a moment.

Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, reattach the shield cover.

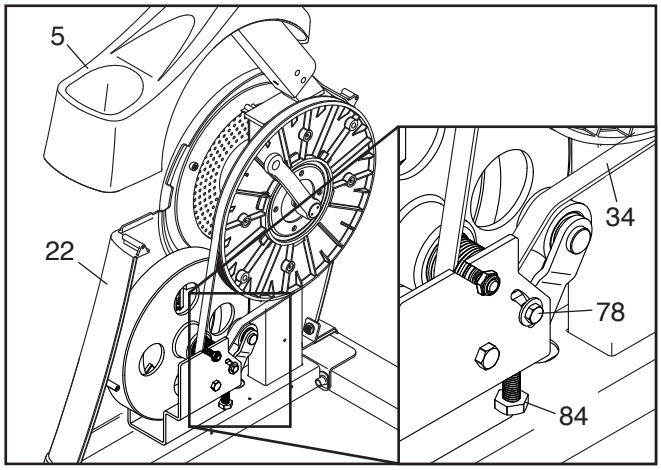
**HOW TO ADJUST THE DRIVE BELT**

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the drive belt may need to be adjusted.

To adjust the drive belt, first unplug the power adapter. Then, you must remove the right pedal, the shield cover, and the right front shield (see the instructions below).

Using an adjustable wrench, turn the right pedal counterclockwise and remove it.

Next, using a flat screwdriver, release the tabs on the Shield Cover (5) and pull the Shield Cover upward.




Then, remove all the screws from the Left and Right Front Shields (22, not shown); **there are three sizes of screws in the Front Shields—note which size of screw you remove from each hole.** Then, gently pull the Right Front Shield away from the frame.

Loosen the M6 x 20mm Hex Screw (78). Tighten the M10 x 50mm Hex Screw (84) until the Drive Belt (34) is tight. When the Drive Belt is tight, tighten the M6 x 20mm Hex Screw.

Then, reattach the front shields, the shield cover, and the right pedal. Plug in the power adapter.

# EXERCISE GUIDELINES

**⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**

**The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.**

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

### EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| *165* | *155* | *145* | *140* | *130* | *125* | *115* | ♡ |
| *145* | *138* | *130* | *125* | *118* | *110* | *103* | ♡ |
| *125* | *120* | *115* | *110* | *105* | *95* | *90* | ♥ |
| *20* | *30* | *40* | *50* | *60* | *70* | *80* | |

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

### WORKOUT GUIDELINES

**Warming Up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

### EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

# PART LIST

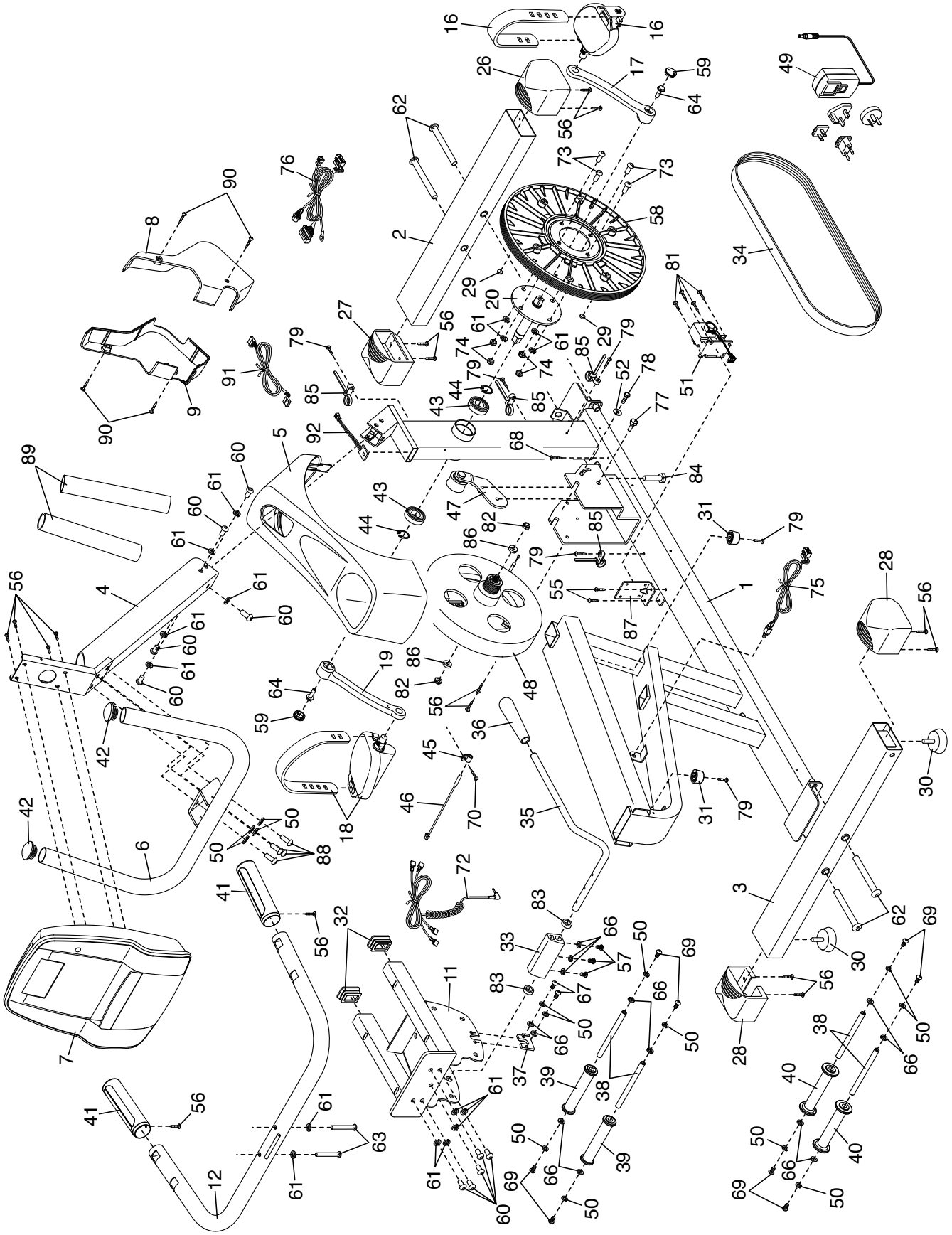
Model No. NTEVEX74913.0 R0413A

| Key No. | Qty. | Description |
|---|---|---|
| 1 | 1 | Frame |
| 2 | 1 | Front Stabilizer |
| 3 | 1 | Rear Stabilizer |
| 4 | 1 | Upright |
| 5 | 1 | Shield Cover |
| 6 | 1 | Handlebar |
| 7 | 1 | Console |
| 8 | 1 | Right Handlebar Cover |
| 9 | 1 | Left Handlebar Cover |
| 10 | 1 | Seat Bracket |
| 11 | 1 | Seat Carriage |
| 12 | 1 | Pulse Bar |
| 13 | 1 | Backrest |
| 14 | 1 | Backrest Cover |
| 15 | 1 | Seat |
| 16 | 1 | Right Pedal/Strap |
| 17 | 1 | Right Crank Arm |
| 18 | 1 | Left Pedal/Strap |
| 19 | 1 | Left Crank Arm |
| 20 | 1 | Crank |
| 21 | 1 | Right Front Shield |
| 22 | 1 | Left Front Shield |
| 23 | 1 | Right Seat Shield |
| 24 | 1 | Left Seat Shield |
| 25 | 1 | M4 x 16mm Phillips Screw |
| 26 | 1 | Right Front Stabilizer Cap |
| 27 | 1 | Left Front Stabilizer Cap |
| 28 | 2 | Rear Stabilizer Cap |
| 29 | 2 | Magnet |
| 30 | 2 | Leveling Foot |
| 31 | 2 | Foot/Bumper |
| 32 | 2 | Seat Carriage Cap |
| 33 | 1 | Brake |
| 34 | 1 | Drive Belt |
| 35 | 1 | Seat Lever |
| 36 | 1 | Seat Handle |
| 37 | 1 | Seat Lever Bracket |
| 38 | 4 | Axle |
| 39 | 2 | Upper Roller |
| 40 | 2 | Lower Roller |
| 41 | 2 | Pulse Grip |
| 42 | 2 | Handlebar Cap |
| 43 | 2 | Bearing |
| 44 | 2 | Snap Ring |
| 45 | 1 | Clamp |
| 46 | 1 | Reed Switch/Wire |
| 47 | 1 | Idler |
| 48 | 1 | Eddy Mechanism |
| 49 | 1 | Power Adapter |
| 50 | 14 | M6 Split Washer |
| 51 | 1 | Resistance Motor |
| 52 | 1 | M6 Large Washer |
| 53 | 1 | Snap Fastener |
| 54 | 3 | M4 x 25mm Screw |
| 55 | 2 | M4 x 10mm Flange Screw |
| 56 | 16 | M4 x 16mm Screw |
| 57 | 3 | M6 x 16mm Screw |
| 58 | 1 | Pulley |
| 59 | 2 | Crank Arm Cap |
| 60 | 10 | M8 x 16mm Screw |
| 61 | 16 | M8 Split Washer |
| 62 | 4 | M10 x 95mm Screw |
| 63 | 2 | M8 x 45mm Screw |
| 64 | 2 | 5/16" Flange Screw |
| 65 | 4 | M6 x 50mm Screw |
| 66 | 17 | M6 Washer |
| 67 | 2 | 1/4" x 14mm Screw |
| 68 | 1 | M4 x 13mm Bright Screw |
| 69 | 8 | 1/4" x 16mm Screw |
| 70 | 1 | M4 x 13mm Flange Screw |
| 71 | 4 | M6 x 20mm Flat Head Screw |
| 72 | 1 | Pulse Bar Pulse Wire |
| 73 | 4 | M8 x 20mm Bolt |
| 74 | 4 | M8 Locknut |
| 75 | 1 | Seat Pulse Wire/Receptacle |
| 76 | 1 | Main Wire |
| 77 | 1 | M6 x 15mm Shoulder Screw |
| 78 | 1 | M6 x 20mm Hex Screw |
| 79 | 20 | M4 x 19mm Screw |
| 80 | 10 | Fastener |
| 81 | 4 | M4 x 12mm Flange Screw |
| 82 | 2 | M8 Jam Nut |
| 83 | 2 | Brake Spacer |
| 84 | 1 | M10 x 50mm Hex Screw |
| 85 | 4 | Wire Clamp |
| 86 | 2 | Spacer |
| 87 | 1 | Motor Bracket |
| 88 | 4 | M6 x 20mm Screw |
| 89 | 2 | Foam Grip |
| 90 | 4 | M4 x 22mm Screw |
| 91 | 1 | Frame Pulse Wire |
| 92 | 1 | Pulse Receiver |
| * | – | User's Manual |
| * | – | Assembly Tool |
| * | – | Grease Packet |

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

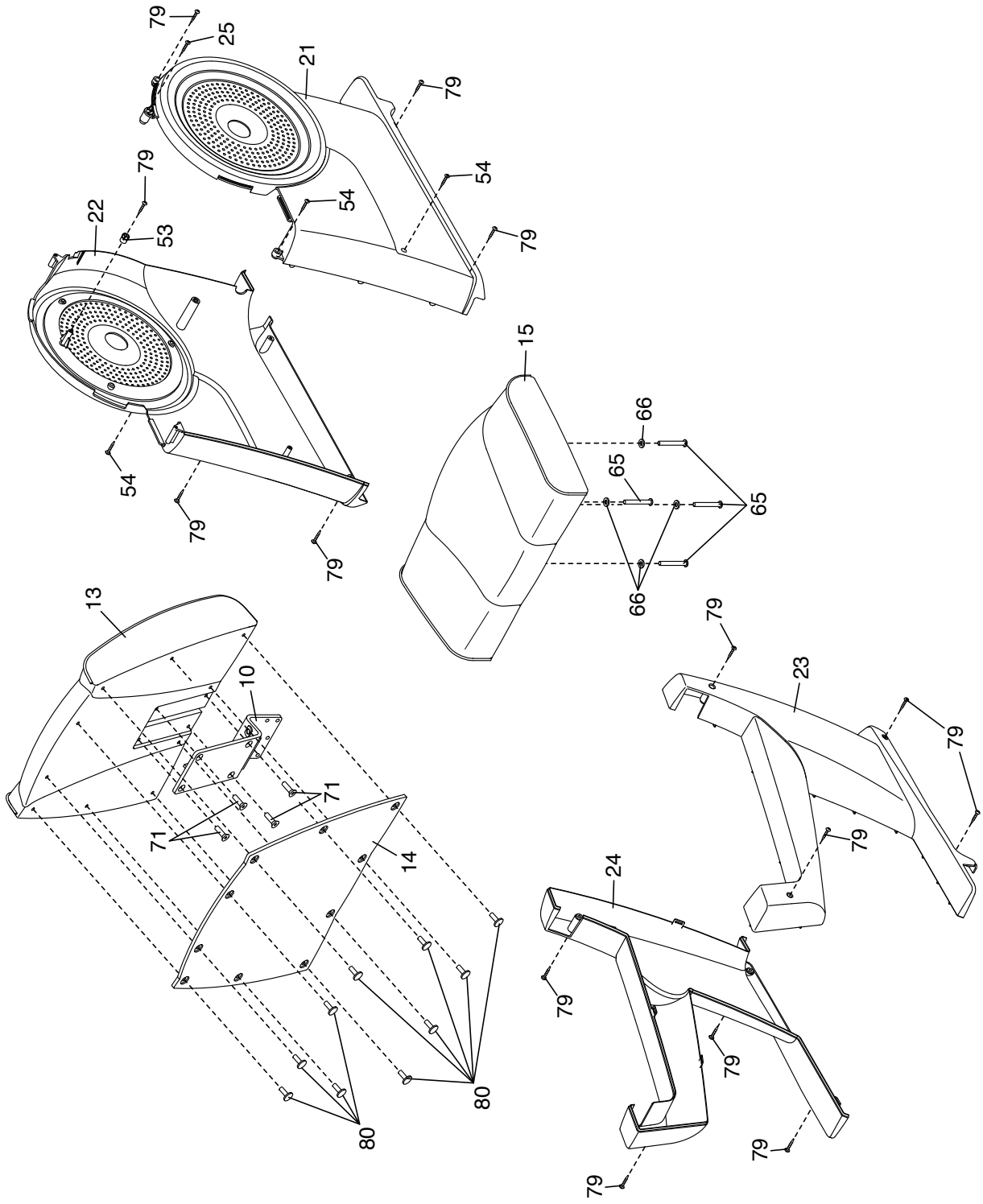
# EXPLODED DRAWING A

Model No. NTEVEX74913.0 R0413A



# EXPLODED DRAWING B

Model No. NTEVEX74913.0 R0413A



# ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

# RECYCLING INFORMATION

**This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.**

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

Part No. 344553 R0413A

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